



What To Do If Someone Is Suicidal

PROVIDE **AID**

A **ASK** Don't be afraid to ask –
Are you thinking of hurting yourself?

I **INTERVENE** Immediately!

D **DON'T** Keep it a secret!

SECURE **LIFE**

L **LOCATE HELP** Watch/duty, Doctor, Nurse,
Corpsman, Chaplain, Friend,
Family, Hospital

I **INFORM** Chain of Command of the situation

F **FIND** Someone to stay with the person –
Don't leave the person alone!

E **EXPEDITE** Get help immediately! A suicidal
person needs immediate attention!

Taking Action - Saving Lives